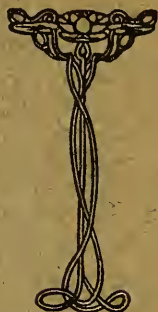


# HOME CANNING

## RECIPES AND INSTRUCTIONS

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*Price 35 Cents*

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**BUTLER MFG. CO.**  
Kansas City, Minneapolis



# Home Canning

## RECIPES & INSTRUCTIONS

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This book of recipes and instructions was compiled especially for us. It embodies the methods of canning which are used and thoroughly approved by Home Economic Departments of Colleges and Universities. Government and experimental bulletins have been canvassed and an accurate compilation has been made. This is a valuable booklet for anyone.

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## *Directions for Operating Butler Canning Outfits*

If inexperienced in canning, we recommend that you read carefully the Butler book on Home Canning recipes and instructions, before attempting to use the outfit.

After filling the jars or cans with food in accordance with directions found in book of recipes, place jars in racks and lower into the canner, which is the boiler.

After racks are in place, see that proper amount of water is in boiler, then place the lid on securely and cook or process for specified time shown in book of recipes.

Caution should be used in placing and removing both lid and racks. Should the handles of the lower rack when No. 2 Outfit is used, slightly interfere with putting in the upper tray, simply bend the handles of the lower tray outward slightly over the top of the body of the boiler or canner. By letting the tray down into the canner about half way and then slightly pushing the top of the wire handles out will cause the tops of the handles to lay close to the inside of the boiler and out of the way of the upper tray which then slips down into place easily.

We maintain a special department conducted by an expert on canning and if the operation of your outfit is not fully understood or if any information on canning subjects is desired, kindly address us.

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## *Introductory Remarks*

“Waste no food; save and conserve” is the national slogan of today. The 50 per cent of the garden and orchard products which is allowed to go to waste must be conserved before we can say that we are living up to our slogan. To successfully accomplish this it is going to be necessary that a canning outfit be in continual use in every home, all through the summer months. A complicated canning apparatus is not essential for this; **THE BUTLER HOME STEAMER** is a simple combination water and steamer outfit which can be placed on any stove at any time. It requires just the one burner or stove-hole for operation and canning with the Butler doesn’t crowd out all work for the rest of the day.

It is not necessary to have a bushel or two of fruit or of vegetables on hand before it is practicable to start canning. Whenever more vegetables are brought in from the garden than can be used at the table immediately, **can them for the future**. Two or four cans of any food may be made ready for the canner at the same time preparation is being made for table use and but little more time is required.

Prepare the necessary amount for the table, the surplus for the canner and the actual canning may be done while the meal is being prepared. The **BUTLER CANNER** may be run just as successfully with a few jars at a time as when filled to the greatest capacity. If two vegetables or fruits are ready at the same time, there is no reason why one should overripen while waiting to can the other. Even though string beans and peas require different lengths of time, they may be cooked together in any Butler Outfit, especially in the No. 2 Home Steamer, in which the beans are placed in the top rack and lifted out when done; the peas in the bottom where they can continue cooking undisturbed. The same thing applies to tomatoes and peaches, which often ripen at the same time; the tomatoes in this case should occupy the lower rack because they cook longer.



# *Why Foods Spoil*

This is very important, don't fail to read it thoroughly.

If everyone understood thoroughly why foods spoil, they would also understand the reason for the different methods of canning, which in itself is simply a method of preparing food so it will keep. The causes for so-called spoiling in foods of all kinds are microscopic forms of plant life, called bacteria, yeasts and molds, which cannot be seen with the naked eye. These cells, in growing, bring about putrid conditions in meats and vegetables, cause the souring of fruits, etc., and produce mold on bread and fruits with which we are all more or less familiar. The bacteria are the hardest to kill and they grow on vegetables and meats almost exclusively, rather than on the fruits which contain too much acid for their growth. The yeasts and molds, however, can live and grow on the fruits, even the very acid fruits, such as lemons. The yeasts and molds are easily killed and the question of the canning of fruits is really a simple one. In vegetables and meats, however, the bacteria, under favorable conditions, such as drouth and heat, stop working and go into what is called the spore or resting stage, and boiling for the length of time ordinarily given to the fruits will not kill them; these spores afterward become active and their growth brings about a spoiled condition in the contents of the can. Many of the bacteria can withstand the boiling temperature for 30—60 minutes, the time generally given to fruits, or for even a greater length of time; and after the jar cools then they start to work and cause "spoiling" of the contents. If, however, the boiling is repeated on the second and third days for one hour each, any spores which have become active in the meantime, are finally killed and the contents left sterile, which means that there are no more living organisms present.

This process of killing the bacteria and spores of vegetables and meats may be very successfully accomplished in the BUTLER HOME CANNER in two ways:

\* \* \* \* \*

## *Intermittent Heating Process*

1. By intermittent heating, which means boiling the filled jars or cans a short time for each of three successive days, thereby allowing the spores to become active between days so that the second or third boiling will easily kill them.

## ***One Day or Long Boiling Process***

2. By one day or Long Boiling Process which means boiling the filled jars for a longer period (3-4 hours) or one day only. Although the intermittent method involves more trouble than the one-day process, it is safer in the long run, especially after a dry season, which increases the probabilities of spore-forms.

If the reasons for the spoiling of canned fruits and vegetables are borne in mind, and a generous supply of common sense is used in following the directions for canning, there is small chance for a loss of food from spoiling and the summer crop is conserved.

\* \* \* \* \*

This term refers to a process of dipping a fruit or vegetable in boiling water only long enough to remove the skin without loss of pulp.

***Scalding***

\* \* \* \* \*

To blanch is to quickly boil the fruit or vegetable in enough water to completely cover it, for a short time before the canning process begins. This is best done by placing the material in a wire basket or a cloth bag, which can be lowered completely into the water. This process eliminates acids and sticky substances from the fruits or vegetables, sets the color and softens and shrinks the material so that it packs into the jar to much better advantage.

***Blanching***

\* \* \* \* \*

By this is meant the rapid cooling of the fruit or vegetable in cold water immediately after scalding or blanching. The material is cooled and packing made easier.

***Cold Dipping***

\* \* \* \* \*

This is nothing more or less than boiling or cooking the packed jars or cans after they are placed in the cooker.

***Processing  
or  
Sterilization***

\* \* \* \* \*

Cold packing is taking the place of the old-fashioned open-kettle method and is a contrast to it in that the food, previously prepared by washing, scalding, blanching, etc., is packed into the jars in a cold and raw condition and then the jar or can is filled with either water, syrup or brine, placed in the cooker and boiled for specified length of time. There is no previous cooking outside the jars with the cold pack method, the fruit is not broken up by transferring from kettle to jar; the lessened handling of the materials saves both time and labor.

***The  
Cold Pack  
Explained***

When using the BUTLER CANNER there is another saving of time. Each BUTLER OUTFIT has removable racks which may be loaded with filled jars lifted into and out of the cooker.

**Brine** This is a weak salt solution used in packing vegetables. Most easily made by adding one teaspoon of salt to the quart jar after it is packed and filled with water.

**Syrup** A sugar solution of varying thickness, depending upon the use and nature of the fruit and individual taste. Syrup should be boiled for 3 to 5 minutes before pouring over the fruit to insure a good solution.

\* \* \* \* \*

## *General Directions for Canning*

**Sterilizing** Wash the jars in real hot water, but they need not be sterilized by boiling them in water; the cooking process later sterilizes the jars as well as the contents. Use only good jars and lids, and always news rubbers. As an extra precaution rubbers may be boiled for a minute or so. Test each jar first for leaks, thus eliminating chance for spoiled contents. Spoiled food also means wasted time. To do this fill the jar with water and screw or clamp the lid on tightly; turn upside down and look for leaks. If using Economy jars or jars of that type, be sure the rim is clean and see that there is no flaw in the rubber or the lids.

After the jars are ready, peel, hull, wash, etc., the vegetables or fruit as the case may be, and blanch or scald as needed. Plunge the basket or sack up and down in the cold water a few times, drain thoroughly and pack carefully into the jars.

\* \* \* \* \*

### *Very Important*

**Filling  
and  
Preparing  
Jars** The liquid which is poured in after the jars are filled should come only to the shoulder of the jar, but must cover the contents entirely. Do not overpack or overfill jars. Fill them only as directed above. Food expands when heated and this expansion is taken care of by not packing or filling jars too full. It is preferable to add the water, brine or syrup while hot, applying the hot liquid at this time partially expands the contents, as well as raising the temperature to nearer the boiling point, which saves much time. If using jars of the Economy type, be sure to adjust the lid and spring clamp, nothing more need be done until the sterilization or cooking is complete, as the jar automatically seals itself when a vacuum is forced by the cooling of the contents. However, do not remove clamp until contents of jar are cold. If using the Mason jar type, screw the lid on **almost tight**; if using the type with a glass lid and a bail clamp, do not tighten the clamp, only adjust it. This is to allow for expansion of the materials during heating.



# Save Your Jars

## For Cleaning Fruits and Vegetables

It is not necessary to use cans or jars for putting up preserves, jams, marmalades, pickles, catsup, jellies, etc. For these use some of the ordinary glass containers that may be found in almost every home, such as olive bottles, candy and tobacco jars, pickle bottles, mustard and salad dressing jars, etc. The above products which are preserved by sugar, spices or vinegar, need only to be sealed with paraffine coating, and are nicely adapted to such containers.

*Use  
Bottles  
etc.  
for  
Canning  
Pulps*

\* \* \* \* \*

As the jars are made ready, set them on the racks of the BUTLER HOME CANNER and then lower into place. If hot syrup or brine has been used the jars will be hot enough to be put down into hot water without breaking. The water can be heating while the material is being prepared and much time is saved. Put the lower rack in and if the water does not come up half way on the jars add more. The second rack may then be put in, resting on the tops of the other jars. Put on lids tightly and let the water **boil violently** before beginning to count time. The lid of the No. 2 Steam Outfit is made especially deep and fits tightly on the inside of the cooker, thus holding in the steam and retaining practically all of the heat. The steam which circulates freely in all Butler Outfits, heats the jars in the upper rack. If the lid is lifted off after the water has begun to boil violently, the contents in the jars of the upper tier can be seen to be boiling. An ordinary cooking thermometer inserted through the cork so that the bulb extends well into the interior of the can, will be a great convenience, as the temperature may be accurately determined. Temperature should stay at or about 212 degrees Fahrenheit or 100 degrees Centigrade.

*To  
Load  
Cooker*

\* \* \* \* \*

If using the intermittent process (see page 3), remove the racks of cans after each successive boiling. If allowed to remain in the cooker they will hold heat so long that the contents will be overcooked and discolored. Screw the lids down and tighten the clamps immediately after removal from the cooker. They need not be loosened for the next two days' heating, for the expansion takes place the first day. The second and third days put the jars or cans back into the canner and heat, counting time after the water begins to boil violently. If using the one-day method, leave the jars or cans in for the specified time as shown in recipes, after the water begins to **boil violently**. When through cooking remove from the canner and allow to cool. Tightly

*Processing*

clamp or screw the lids, immediately upon removing cans from the cooker. **When cool tighten more if possible.**

\* \* \* \* \*

***Label  
Neatly***

Do not set the jars on a cold metal or porcelain table when first taken from the canner, also avoid all cold air draughts. However, cans should be allowed to cool as quickly as possible, so should always be removed from the stove and heat. When cool, scour jars or cans well to remove any residue from the water in which they were cooked. Then paste on the labels which are furnished free with No. 2 Steam Outfits, being sure to place them all at equal distances from the bottom of the jars. A piece of cardboard of the width corresponding to the distance from the bottom of the jar will make it easier to get the labels straight. A shelf of fruit looks 50 per cent better if the labels are uniform and straight. Canned products should be stored out of the bright light to avoid discoloration.

\* \* \* \* \*

## *Utensils for Canning*

A BUTLER CANNING OUTFIT with its removable racks for holding the jars:

Two large kettles for blanching and dipping.

A wire basket or a clean flour sack, for scalding and blanching. If a basket is to be used, it should hold at least two quarts if canning in large quantities, and should be so shaped that it can be lowered into the kettle of scalding water.

Plenty of large pans for washing and paring the materials.

Large colander for washing berries and straining tomatoes.

Pint and quart measuring cups.

Sharp paring knives.

Large mouth funnel for filling the jars.

Large ladle or dipper for filling the jars.

A generous supply of clean cloths and towels.

Dry cloth holders for use in moving the cooker, kettles, etc.

It is well to have the kitchen scales handy so that exact weights can be made if desired.

Either glass or tin cans may be used. It is probable glass jars will be used more frequently. However, when tin cans are used a soldering apparatus is necessary. Soldering outfits may be purchased wherever tin cans are sold. Full directions accompany each soldering outfit.

# *Recipes and Directions*

## *for Canning Vegetables*

If the vegetables are canned as they come onto the market or as they mature in the home garden, a canning outfit can be kept busy most of the summer. A few jars of each vegetable in the fruit closet will relieve the monotony and cost of food through the winter months. Vegetables and fruits are very valuable to the human body for their mineral constituents and their importance in the diet is not sufficiently recognized. They should take the place of part of the fatty foods, sugars, white bread and meat, found in the menu so much through the winter.

All vegetables should be picked and canned the same day if they are to be in the very best condition. Only sound and firm products should be used, to insure best results. Over-ripe or blemished portions should be reserved for immediate table use.

\* \* \* \* \*

All greens, either the wild varieties, such as dandelions, lambs-quarters and mustard, or the cultivated varieties, such as spinach, French endive, cress and beet tops, may be canned in the same way. They all grow close to the ground and the leaves hold dirt quite easily, so very thorough washing and picking over are necessary. Cut off all stems and discolored leaves; place in a wire basket or flour sack and blanch for 15 minutes. Dip in cold water and pack in the jars tightly, since there will probably be more shrinkage during processing. Add 1 teaspoon of salt to each quart or  $\frac{1}{2}$  teaspoon to a pint. If using glass jars fill to the shoulder with water. Process for the length of time given in the table on page 12. (Three pounds of fresh spinach gives only about  $1\frac{1}{2}$  pints of the finished product.)

***Greens***

\* \* \* \* \*

See Greens.

***Spinach***

\* \* \* \* \*

May be either peeled or not. If the skin is not tough it is better to leave it on, as it gives a pink color to the canned product. Stalks may be cut in lengths to fit jars or cubed. Rhubarb is very watery and unless blanched will not pack tightly enough to avoid an over-abundance of water in the jar. Pack the jars and fill to the shoulder with either sugar-syrup or water. If it is to be used for sauce it is best to sweeten it when canning, but pie-fruit may be sweetened when the jar is opened. Rhubarb is so highly acid in nature that the time of processing need not be so long as for other vegetables. (See time table for fruits.)

***Rhubarb***

\* \* \* \* \*

Either the green or white variety may be canned. Cut off the tips in even lengths, just right to stand up in the jars; cut the

***Asparagus***

**Asparagus** remainder into half-inch lengths and can them for creamed asparagus, soup, etc. Place in a wire basket and blanch; dip in cold water and pack carefully. Add salt and fill to the shoulder with water; process as directed in vegetable time table.

\* \* \* \* \*

**Radishes** Clean as usual; may be either peeled or not. Blanch as directed, dip in cold water, pack, salt and fill to the shoulder with water. Canned radishes may be served either with butter or a cream sauce, and they taste very much like young turnips. This is an excellent way of disposing of an over-abundance of radishes which always grow pithy and undesirable when left in the garden.

\* \* \* \* \*

**Peas** Peas in equal degrees of maturity and size should be packed together. Commercial canneries sift the peas in order to have the contents of each can uniform in size. Peas and corn require slightly longer processing than other vegetables. Hull the peas, place in a sack or basket and blanch, dip and drain; pack into cans or jars, salt and fill to the shoulder with water. A teaspoon of sugar may be added to each can when desired. When opened the liquid may or may not be used, but it is valuable for both flavor and mineral salts.

\* \* \* \* \*

**Beans—String** Grading for uniformity of age and appearance applies to beans as well as to peas. Snap off the ends and pull off the strings; either leave whole or prepare in even lengths. Any beans too far matured for canning as string beans may be shelled. The shelled beans then may be added to the string beans in the cans. Blanch according to directions, dip and pack neatly into jars; salt, fill with water and process. (See vegetable time table.)

\* \* \* \* \*

**Beans—Lima** These beans are hulled while still green and treated in practically the same manner as the string beans.

\* \* \* \* \*

**Corn** Sweet corn is preferable for canning. It should be canned as soon as possible after picking. Clean well from husks and silks, blanch (see time table), and dip in cold water while on the cob. Corn may then be either cut in distinct grains or cut and scraped, which gives it more the appearance of a puree. A thick, creamy substance may be obtained by scraping the entire kernel from the cob. Fill cans and add one teaspoon each of salt and sugar to the quart. (For processing see vegetable time table.) Corn may be canned on the cob, but this means a waste of jar space.

\* \* \* \* \*

**Succotash** This is a dish of Indian origin and is a mixture of two-thirds sweet corn and one-third green lima beans. Each are prepared as for canning separately. After preparation mix right propor-



tion, fill jars to shoulder, put in teaspoonful of salt and process as shown in vegetable time table. *Succotash*

\* \* \* \* \*

Scrub and blanch until the skins may be rubbed off; dip in cold water and remove skins. Young, small beets may be left whole, but older ones should be sliced and cubed. Pack, fill jars with brine and process. *Beets*

\* \* \* \* \*

Scald and dip in cold water to remove the skins, also remove the green core and either can whole, sliced or quartered. If very ripe no added juice or water will be necessary, for they pack down closely into the jars; if they do not pack so tightly, add a little water, or to save jar space and to increase the value of a jar of the material, add juice which has been strained from stewed tomatoes; added juice is always preferable to water. Skins may be removed from superior, solid tomatoes by scalding and the tomatoes may then be packed whole in water and used for stuffed tomato salad. Since tomatoes are used so extensively for soups, sauces, seasoning, etc., where only the pulp is wanted, it is an economy of jar space and subsequent handling to stew the tomatoes till tender, run them through a sieve and boil them down until slightly thick, before canning; then it is ready to be used when the can is opened. Full instructions for processing, preparation, etc., see vegetable time table. *Tomatoes*

\* \* \* \* \*

It is not practical in all cases to can carrots, since they can be kept very well throughout the winter in a raw condition. Scrape and cut in cubes or slices or in long straws. Blanch, dip and pack; add salt and water and sterilize. *Carrots*

\* \* \* \* \*

The different vegetables may be canned in combination so that they are ready to serve when added to some meat or soup stock. Peas, lima beans, corn, tomatoes and carrots make a very good combination. These are best mixed in a larger quantity and the jars filled with the mixture. Add salt, water and process as directed. *Mixed Vegetables for Stews*

\* \* \* \* \*

In some cases it is practical to can sweet potatoes to prevent their spoiling and going to waste. Cook in the peelings until the skins loosen; dip in cold water, peel and pack. Add salt, water and process. *Sweet Potatoes*

\* \* \* \* \*

Peel and cut in cubes; steam till tender. It may be mashed and packed as pulp or simply packed in pieces. Jolt the jar to pack the contents down tightly, then fill with water; salt as any vegetable and sterilize. *Pumpkin*

\* \* \* \* \*

Follow the directions for pumpkin. *Squash*

## ***Time Table for Sterilization of Vegetables Put up With Butler Home Canning Outfits***

Count time after water begins to boil violently.

Name	Preliminary preparation before canning; that is, scalding, blanching, etc.	3-day or intermittent process. Time required Each day.	1-day or single heating process.
Asparagus	Cut as desired; blanch 5-8 min.; dip; pack.	60 min.	3 hr.
String Beans	String and cut or leave whole; blanch 5 min.; dip; pack.	60 min.	3 hr.
Green Lima	Hull; blanch 5 min.; dip.	60 min.	3 hr.
Beets	Blanch till skin loosens; dip and remove skin; pack.	60 min.	3 hr.
Carrots	Scrape, cut and blanch 5 min.; dip; pack.	60 min.	3 hr.
Corn	Clean; blanch 5-10 min. on cob; dip, cut off and scrape cob; pack.	60 min.	4 hr.
Greens & Spinach	Wash well, blanch 15 min.; dip; pack.	40 min.	2½ hr.
Peas	Hull; blanch 5 min.; dip; pack.	60 min.	4 hr.
Pumpkin	Pare and cut in small pieces; steam till tender; pack.	40 min.	2 hr.
Radishes	Trim; blanch 5 min.; dip; pack.	60 min.	3 hr.
Rhubarb	See under fruit.		
Squash	Prepare as pumpkin.	40 min.	2 hr.
Succotash Corn ⅔ Green Lima Beans ⅓	Prepare as for corn and beans.	60 min.	4 hr.
Sweet Potatoes	Blanch until skins loosen; skin and cut; pack.	40 min.	2 hr.
Tomatoes	Scald; dip; remove skins; cut or leave whole; pack. (If thick puree is being canned, process may be complete in 30 min. One day's heating.)	30 min.	¾-1 hr.
Mixed Vegetable Soup. Corn, Peas, Carrots, Tomatoes, Lima Beans.	Prepare each vegetable as directed for separate canning.	60 min.	4 hr.

# *Recipes and Directions*

## *for Canning Fruits*

There can be no definite rule for the amount of sugar which is to be used with the different fruits. The amount of sugar depends altogether on the use to which the fruit is to be put, the price of sugar and the taste of the individual. For ordinary purposes, however, we may designate the syrup made from the following proportions of sugar and water as follows:

Water	Sugar	Degree of thickness
1 gallon	none	Pie fruit
1 gallon	1 pound	Very thin
1 gallon	3 pounds	Thin
1 gallon	5 pounds	Medium thick
1 gallon	8 pounds	Very thick

*Thickness  
of  
Syrup*

(One pint of sugar weighs about one pound.)

In order to get a syrup much richer or denser than this the fruit should be boiled down in the sugar and this becomes a "preserve" rather than a canned fruit. Fruits will keep satisfactorily when canned without sugar, but a better flavor is obtained if at least part of the sugar is put with it at the time of canning. Further sweetening may be made when the can is opened.

Canned fruits should resemble as closely as possible the natural fruit and the BUTLER HOME CANNER, since it employs the cold pack and combination water and steam method, gives a product which is ideal. The fruit is packed into the jars when raw and firm, and is not handled again.

\* \* \* \* \*

Directions are given under vegetables, although Rhubarb is eaten as a fruit. (See time table for fruit.)

*Rhubarb*

\* \* \* \* \*

Berries require careful cleaning to remove stems, hulls, blossom ends, etc. They should be washed by placing them in a colander and dipping them up and down several times in cold water to remove sand. Gooseberries, cranberries and currants pack better if blanched one minute before packing. The other berries are put directly into the jars after washing; blanching or scalding being unnecessary. Pack jar with fruit and fill to the shoulder with hot syrup of the thickness desired. Adjust the lids according to instructions under the General Directions for canning. Process for the length of time given in the time table for fruits. It is never necessary to use a long or intermittent process for fruits.

*Berries*

**Cherries** They may be pitted or simply stemmed. Do not blanch. Pack in jars, add syrup, then process.

\* \* \* \* \*

**Apricots** Cut open with a clean knife, preferably a silver one, to prevent stain, and remove stones. Blanch 1 to 3 minutes, dip and pack. Fill jar to the shoulder with hot syrup and sterilize.

\* \* \* \* \*

**Pineapples** This fruit is not canned very extensively in the United States proper. Sometimes, however, an over supply of fresh fruit must be canned to avoid its spoiling. Use a large, sharp knife and cut off all of the outer coat, removing all of the eyes. Core with a small knife or apple-corer, slice and pack into jars immediately. Cover with a medium thick syrup and process.

\* \* \* \* \*

**Grapes** The white grapes are better for ordinary canning than the purple ones, although the latter may be used. Wash, pick from the stems and pack. Fill jars with syrup and process.

\* \* \* \* \*

**Peaches** Scald and remove skins; cut into halves or slices and remove pits. The blanching softens them sufficiently so that more may be packed into a jar. Cover with syrup and sterilize.

\* \* \* \* \*

**Pears** Peel, cut open and remove core. Blanch so more can be packed into the jar. Pears are ordinarily sweet enough that the thin syrup is sufficient.

\* \* \* \* \*

**Plums** Wash and prick skins with a hat-pin or fork to prevent their bursting off later. Plums are sour and require a rich syrup. Pack, fill to the shoulder of jar and process.

\* \* \* \* \*

**Apples** Pare, quarter and core; blanch and keep covered with cold water until put into jars to avoid darkening. Cover with syrup (a thin one is more often used), then process.

\* \* \* \* \*

**Quinces** Prepare as apples. The quince gives a good flavor to either apples or plums. It is a hard fruit and requires longer blanching than apples.



## *Time Table for Sterilization of Fruits Put up With the Butler Home Canning Outfit*

Count time after water begins to boil violently.

Name	Preliminary preparation before canning.	Time
Apples	Blanch 1 to 4 min.; dip; pack.	20 min.
Apricots	Blanch 1 to 3 min.; dip; pack.	20 min.
Berries	Only wash; pack.	
Blackberries	Only wash; pack.	20 min.
Blueberries	Only wash; pack.	30 min.
Cranberries	Blanch 1 min.; dip.	20 min.
Currants	Blanch 1 min.; dip.	20 min.
Dewberries	Only wash; dip.	20 min.
Gooseberries	Blanch 1 min.; dip.	20 min.
Huckleberries	Only wash.	30 min.
Loganberries	Only wash.	
Mulberries	Only wash.	30 min.
Raspberries	Only wash.	20 min.
Strawberries	Only wash.	20 min.
Cherries	Only wash.	20 min.
Grapes	Only wash.	20 min.
Peaches	Scald; blanch 1 to 3 min.; dip; pack.	20 min.
Pears	Peel; blanch 1 to 3 min.; dip.	20-30 min.
Pineapple	Trim and core.	30 min.
Plums	Blanch 1 to 2 min.; dip; pack.	30 min.
Quince	Blanch 3 to 5 min.; dip; pack.	30-40 min.
Rhubarb	Cut fine or leave in stalk; blanch 2 min.; dip; pack.	20 min.

# *Directions for Canning*

## *Meats*

**Meat**      The canning of meat for interstate commerce is under government supervision, but any surplus meat at butchering time on the farm may very well be canned up for home use. This does away with the necessity for eating meat three times a day to keep it from spoiling, and extends the fresh meat diet over more of the winter months. Often the meat may be canned up when plenty of jars are being emptied of their fruits and vegetables in the fall and winter. Only good, healthy animals should ever be used for food, and the process of canning is even longer than for vegetables.

To get the best results, sear the meat in a heavy, hot iron kettle until a light brown color. Add water to partially cover, also a small amount of salt and let simmer until it falls from the bones. Pack the jars full of the good lean portions and fill the jars to the shoulder with the broth. Adjust the lids and process in the BUTLER HOME CANNER for three hours. The preliminary cooking is necessary to avoid shrinkage of the meat in the cans.

\* \* \* \* \*

**Chicken**      Chickens may be canned in the summer and fall, and thus avoid the necessity of feed through the winter. Prepare as meat except the searing may be omitted. Remove all bones and pack. A four-pound chicken will make a quart of solid meat and as much broth. Any excess broth may be canned by the same process as is used for the chicken itself. Boil for three hours in the BUTLER CANNER.

\* \* \* \* \*

**Rabbit**      Rabbits are very plentiful and cheap in the Middle West during the winter. The meat of the young rabbit tastes a good deal like chicken and serves the same purpose in the body. Glass jars are not in use during this part of the year, and may very well be put to such service.

Cook as chicken or beef and pack into jars; cover with broth and process. One medium sized rabbit will make about one pint of solid meat.

SQUABS and BELGIAN HARES may be canned in like manner.



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